

Statistics Report 35147, Tamales (Navajo) [a](#) [_](#)

Report Date: July 16, 2017 07:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 _	g	68.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	153	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	639	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein 1 _	g	6.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) 1 _	g	6.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash 1 _	g	1.37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	18.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary 1 _	g	3.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total 1 _	g	0.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	0.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch 1	g	12.27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	1.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	131	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	427	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	1.48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.174	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	6.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	1.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Niacin 1	mg	1.590	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.205	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.143	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-12 1	µg	0.54	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Retinol 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	2.396	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.165	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	1.395	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 1	g	0.059	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.743	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	2.739	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.188	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.046	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	2.439	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 1	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.688	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated 1	g	0.646	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated 1	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) 1	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated 1	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cholesterol 1	mg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan 1	g	0.052	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 1	g	0.239	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 1	g	0.271	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 1	g	0.568	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine 1	g	0.427	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 1	g	0.083	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1	g	0.275	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1	g	0.204	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1	g	0.318	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Arginine 1	g	0.391	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine 1	g	0.196	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine 1	g	0.422	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid 1	g	0.556	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid 1	g	1.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine 1	g	0.384	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline 1	g	0.382	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine 1	g	0.273	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

Footnotes
^a Weight of serving based on limited samples and may vary widely.